

IVF | IN VITRO FERTILIZATION

— STEP BY STEP



What is it?

In vitro fertilization (IVF) is a fertility treatment in which eggs are retrieved from the ovaries, fertilized with sperm in a laboratory, and developed into embryos. An embryo is then transferred into the uterus or frozen for future use.

Who is it for?

IVF may be recommended for:

- Blocked or damaged fallopian tubes
- Moderate to severe male factor infertility
- Endometriosis
- Unexplained infertility
- Genetic testing needs
- Recurrent pregnancy loss
- Patients pursuing fertility preservation
- Same-sex couples or single parents using donor eggs, donor sperm, or gestational carriers

Typical Timeline

- Pre-cycle testing and treatment planning
- Ovarian stimulation with injectable medications for 8–14 days
- Frequent monitoring appointments
- Egg retrieval procedure
- Fertilization and embryo development in the laboratory
- Embryo transfer or embryo freezing
- Pregnancy test approximately 9–14 days after transfer

A full IVF cycle typically takes 4–8 weeks from stimulation start through embryo creation. Embryo transfer timing varies based on the treatment plan and may occur in a subsequent frozen embryo transfer (FET) cycle.

Monitoring Expectations

Monitoring is intensive and may include:

- Frequent ultrasounds
- Bloodwork every few days during stimulation
- Medication adjustments
- Egg retrieval procedure under sedation
- Embryology updates during embryo development

Patients should expect multiple visits during the stimulation phase.

Recovery

- Mild bloating, cramping, and fatigue are common after egg retrieval
- Most patients recover within 1—3 days after retrieval
- Light activity is generally recommended immediately after retrieval
- Recovery after embryo transfer is minimal

Cost Structure Basics

Costs may include:

- Injectable fertility medications
- Ultrasound and laboratory monitoring
- Egg retrieval procedure and anesthesia
- Embryology laboratory services
- Egg freezing and storage
- Genetic testing (if elected)

Total costs vary based on medication requirements, monitoring needs, laboratory services, genetic testing selections, and insurance coverage.

Please note: Treatment plans, timelines, monitoring, medications, and costs vary by patient. Your provider will recommend the approach most appropriate for your individual situation.

Contact Wellnest Fertility: 801.406.3819

🌐 Fertility Clinic in Ogden, Utah | Wellnest Fertility